

November 2016

FREDERICK COUNTY
Department
of Aging

Senior Center Without Walls Monthly Newsletter



Celebrating November

Memoir-Writing Month

Diabetes Month

Inspirational Role Models Month

Hockey Mask Day *November 1*

Use Your Common Sense Day *November 4*

Fill Our Staplers Day *November 7*

Dear Santa Letter Week *November 7–13*

Apple Cider Day *November 18*

November Has the Write Stuff

If you've ever had an idea for a novel percolating in your imagination but you've never found the time to write it, thank your lucky stars that it's November, Novel Writing Month. Thousands of people around the globe will wake up to a blank page on November 1 and attempt to write 50,000 words by the 30th. Some will have the help of an extensive outline, detailing many characters with their challenges, various settings, and exciting plots. Others will start with nothing and just let their imagination take over. The lucky ones may end up like Sara Gruen, who wrote her acclaimed novel *Water for Elephants* during 2006's Novel Writing Month.

On November 1, Author's Day, we can celebrate other published authors who started their books in November: Carrie Ryan wrote her *New York Times* zombie bestseller *The Forest of Hands and Teeth*, and Erin Morgenstern's *The Night Circus* took two November Novel Writing Months to finish her *New York Times* bestseller. Just don't end up like writer Ali Owens, who finished her 50,000 words but did so with "a lot of crying mixed with hysterical laughter." Writing, remember, should be fun.

If you need a few weeks to gather the courage to begin your novel in high spirits, wait no longer than November 15, I Love to Write Day. Most writers don't do it for the money but for the love of writing. The truth is that most books and stories don't pay the bills. Not many writers get million-dollar book contracts—pay is often sporadic at best. The real reason many people choose to write is that the effort dedicated to creating complex characters and the world they live in is incredibly satisfying in itself. So this November, don't write just because you want to sell your book; write because you have a strong passion for it. Your audience, whether that is your family and friends or thousands of adoring fans, will thank you for your efforts.



Here's Looking at You

One of the most famous movies of all time, *Casablanca* premiered in New York City on November 26, 1942. The World War II drama boasted many Hollywood stars, including Humphrey Bogart and Ingrid Bergman. It was nominated

for eight Academy awards and won three, including Best Picture. But *Casablanca* was more than an award-winning movie. In November of 1942, Allied forces staged “Operation Torch,” an invasion of Northern Africa that captured Casablanca, the very same setting as the film. Many consider *Casablanca* a propaganda film, with Bogart’s character Rick symbolizing American freedom, liberty, and equality.

Cold Clean

Poor refrigerators. They are one of the most important parts of the kitchen—they keep our food fresh, after all—but they are never noticed until something goes wrong. They suffer spills, odors, and endless overcrowding. With the Thanksgiving holiday just days away, it makes sense that November 15 is Clean Out Your Refrigerator Day.



It’s not too early to start making room for all those leftovers. According to homemaking guru Martha Stewart, the best way to clean the fridge is to turn off the fridge’s power at the breaker. Throw away all spoiled or long-unused items, and put the remainder in a cooler. Let the interior of the fridge come to room temperature before removing shelves and drawers for washing. A solution of two tablespoons of baking soda per quart of hot water will both clean and deodorize. Don’t use soap. It may leave behind odors that your food will absorb. When finished, turn the power back on, give it a few hours to chill, and restock the fridge. Does your fridge still smell? Add an opened box of baking soda or even add a small tray of fresh coffee grounds for a couple of days to improve the smell.

Computer-Generated Innovation



In 1995, no one had heard of Pixar or the acronym CGI (computer-generated imagery). But after the release of *Toy Story* on November 22, 1995, everyone would be aware of a tremendous achievement in cinematic special effects. For 80 years, animated movies had employed vast teams of artists to hand-draw cartoons, but this was the first movie made entirely with CGI. The Pixar company used only 27 computer animators to make *Toy Story*.

The story of toys coming to life was simple, delightful, and a box office smash. But long before Woody and Buzz, there was a little character named Luxo Jr., a living, hopping desk lamp. In 1986, Steve Jobs, of Apple computer fame, purchased the small computer graphics company that would become Pixar from none other than George Lucas, the world famous creator of *Star Wars*. The budding company employed a young director named John Lasseter, and it was Lasseter who came up with the animated film *Luxo Jr.* The film was very short—only two minutes long—but it was a marvelous achievement in the world of 3D computer-generated animation. Not only was it nominated for an Oscar, but the little desk lamp would go on to become Pixar’s logo and mascot.

While Pixar’s history boasts famous names like Jobs, Lucas, and Lasseter, it took a number of unsung heroes to develop innovation after innovation in computer-generated imagery. 2001’s *Monsters, Inc.* revolutionized the generation of realistic-looking fur. 2003’s *Finding Nemo* required advancements in realistic-looking underwater worlds, with currents and bubbles. Quality and realism continued to improve from 2006’s *Cars*, to 2007’s *Ratatouille*, to 2008’s *Wall-E*. Today, there may be no greater animation studio than Pixar. Of course, CGI has never been limited to animated children’s movies, but often the greatest innovations in this digital medium have come from these lighthearted, family-friendly films.

Able Baking



You may have discovered that baking homemade bread is not easy. Instead of getting a loaf of light, airy, chewy bread with a crispy crust, you end up with a dense, heavy loaf that is more like a brick. On November 17, Homemade Bread Day, follow these tips for baking the perfect loaf.

Yeast may be the most important ingredient in bread because it creates the bubbles that make bread rise. It also develops flavor. There are two common types of yeast: instant and active dry. The two can be used interchangeably, but active dry needs to be proofed (dissolved in warm water) and given more time to work. Yeast is a living thing that thrives between 70° and 100°F, but cooler conditions are best for a slow rise that builds flavor. Water should not be too cold or too hot, because it will also affect the environment for the yeast. All-purpose flour works fine, but bread flour has more protein, which better develops gluten.

Kneading is important to develop the gluten that makes the dough elastic and silky smooth. It also helps the dough keep its shape while the yeast develops gas and inflates the dough like a balloon. After kneading, you must wait. How long depends on humidity, altitude, and temperature. Your dough should roughly double in size. A good test of doneness is to press your finger into the dough. It should leave an impression.

The best ovens need to stay hot. Some people use baking stones or Dutch ovens because, when preheated, they retain heat for baking. A spray bottle will also help you create steam inside your oven. Place your dough onto your preheated surface, spray it with water, and score or slice the top of your dough with a knife. Let it bake for about 15 minutes, and then open the oven and spray the inside to create more steam. The steam encourages a crispy crust. Sit back and allow your bread to finish baking. Before long, you will have a beautiful, golden-brown loaf.

Heads Up



November 17 may be a day to make your own bread, but November 28 is a day to Make Your Own Head. Paint a self-portrait, or use clay or papier-mâché or even mashed potatoes—the only rule on this crafty day is that the head you make must be your own. Since cell-phone selfies are all the rage these days, scientists have begun to wonder why we are so obsessed with ourselves. Psychologist Judy Weiser believes that self-portraiture can be a powerful act of healing. True self-portraiture allows us to filter out all the input we get from others and be honest with ourselves. The person creating their own head sees themselves anew with their own eyes, building self-acceptance, self-esteem, and self-knowledge. Now that's a lot of “selfie” worth taking a second look at.

Seeing Red

According to the creators of Love Your Red Hair Day on November 5, red hair is more than a color—it's a lifestyle. Why did red-headed sisters Stephanie and Adrienne Vendetti create this holiday? Because they were tired of redheads being the brunt of jokes.

Redheads possess a genetic mutation, a recessive gene known as MC1R. Making up only 2% of the population, they have the rarest hair color in the world. Perhaps their scarcity is why they were thought to be vampires by ancient Greeks and witches in medieval Europe. The facts about red hair are far less worrisome. Compared to brunettes and blonds, redheads actually have less hair (only about 90,000 strands compared to 140,000), but red hair is thicker. For some reason, redheads are also more likely to be left-handed. The world's best-known redhead, Lucille Ball, was not left-handed or a natural redhead. According to her longtime hairdresser, her hair was “golden apricot.” Ball kept her red hair dye locked away in a safe. However, Marilyn Monroe, the world's most famous blonde, was both a natural redhead and left-handed.

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, November 4, 2016

1pm

Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

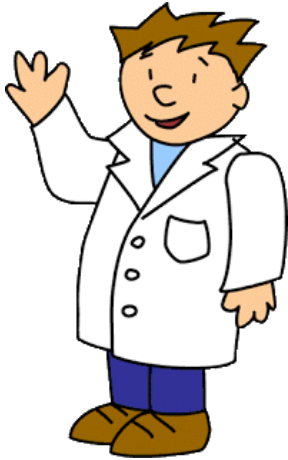
***For one person household. Add \$503/person for each additional household member.**



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.

There's a Doctor in the House...

@ The Frederick Senior Center



Diabetes

In recognition of November as National Diabetes Awareness Month, Dr. Sakar will discuss treatment options and prevention of the disease that affects nearly 1 in 10 Americans.

Dr. Martin Sakar

Wednesday, November 9, 2016

Light supper served at 5:00 pm

Presentation to follow at 5:30 pm

\$5 suggested contribution

Reservations: 301-600-1048 or

<http://frederickcountymd.gov.3dcartstores.com>

Deadline to order meal: 11/2/16



Taking the Chill Off



Learn about programs that may assist you with high energy costs or unpaid energy bills.



Learn about programs that may assist you in repairing or replacing broken heating sources in your home.



Learn about programs that may assist you with needed home repair.

Frederick County Sr. Center in your area:

Brunswick: November 2, 2016 10:00 a.m.

Emmitsburg: November 18, 2016 11:00 a.m.

Urbana: November 9, 2016 11:30 a.m.



*Turkeys this month
Aren't feeling so lucky
But people with birthdays
Are feeling just ducky.*

HAPPY NOVEMBER *Birthday!*



Health & Fitness~Exercise by the Book

Books can strengthen your body as well as your mind. Getting started with a strength-training program doesn't necessarily require expensive equipment. A couple of books will do nicely.

Equipment, Setup, and Tips

- ☐ You will need at least two books for each participant. You should have a variety of sizes and weights on hand. The books should be easy to grip with covers removed. Paperback books work as well.
- ☐ You will also need some plastic grocery bags with handles.
- ☐ All of the exercises below can be done from a seated position. Arrange chairs so there is plenty of arm room. Armless chairs work best.
- ☐ Repeat each exercise 8–12 times, or as many times as is comfortable.



Book Bag Exercises

The following exercises are done with books in plastic bags. Place one or two books in a plastic bag and tie the handles together. **Tip:** Double bag for extra security and tie close to the books. Double knot the handles so that they are about 6" tor 8" long.

Wrist Curls

Hold a bag of books by the handles in your right hand, palm facing up. Rest your right elbow in the palm of your left hand. Slowly lift the bag by bending your wrist toward your elbow. Keep your arm straight. Gradually lower the bag to the starting position. Reverse arms and repeat.

Half Biceps Curls

Hold a bag of books in each hand, palms up. With arms “glued to your sides” and elbows bent at 90 degrees, slowly lift your hands up to your shoulders. Lower back down.

Full Biceps Curls

Sit up straight with your feet shoulder-width apart. Dangle your arms at your sides. Hold a bag of books in each hand with palms facing toward your body.

Slowly lift the books to your shoulders by bending your elbows. You can lift both arms at the same time, or you can alternate arms, lifting with one and then the other. Hold for a count of two. Gradually lower the books to the starting position.

Shoulder Shrugs

Begin with your arms hanging down and shoulders relaxed. Hold a bag of books in each hand, palms facing toward your body. Slowly shrug your shoulders as high as comfortable. Return to the starting point.

Side Hold It

Hold a bag of books in each hand and lower your arms down at your sides. Slowly lift your arms out to your sides, keeping them straight. Your goal is to lift your arms parallel to the floor, about shoulder level. Hold for a count of two. Gradually lower them back down to the starting position.

Front Hold It

Bend Side to Side

Hold a bag of books in each hand and let your arms hang down at your sides. Slowly bend from side to side, trying to lower the bag of books to the floor.

Bend & Pick Up

Place a bag of books on the floor in front of your feet. Bend forward, pick up the bag, and sit up straight.

Knee Extensions

Place a book in a small plastic bag and tie the handles together. Hook your right foot through the bag handles. Lift your foot up, aiming your toes to the ceiling. The knee should remain slightly bent. Return your foot to the starting position and repeat. Switch to the left foot and repeat.

Leg Lifts

Place books in small plastic bags. Tie two of the bags together so that the books are about 15 inches apart. Drape the bags over your ankle. Extend your leg out in front and lift your foot. Hold for a count of two and slowly lower back down. Repeat with the other leg.

Hip Flex

Place books in small plastic bags. Tie the handles of two of the bags together so that the books are about 15 inches apart. Drape the bags over your right thigh. Sit tall, back straight, feet flat on the floor. Lift your knee toward your chest and back down to the floor. Repeat with the left leg.

Other Book Exercises

The following exercises are done holding a book in your hands (no bag). The weight of the book can vary depending on the person.

Chest Press

Hold a book in both hands at your chest. Push the book out in front of your body until your arms are fully extended. Return to the starting position.

Overhead Stretch

Hold a book with both hands with your arms extended over your head. Bend your elbows to lower the book down behind your head. Then raise the book back up to the starting position.

Back Extensions

Sit tall, back straight, feet flat on the floor. Hold the book to your upper chest. Slowly bend your upper body forward until you can't go any further, or until comfortable. Slowly return to the starting position.

Book Balance

Sitting up tall, try balancing a book on your head. **Tip:** Ask a friend to stand by to catch the book just in case it falls.

Now that you're done with physical exercises, find a comfortable place to sit and exercise your mind by reading the book.

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For additional information about this or other programs and services,
visit the website at www.FrederickCountyMD.gov/Aging
or contact the FCDaA at 1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605,
or email DeptOfAging@FrederickCountyMD.gov.*

Humor~Authors Say the Funniest Things

This month's humor activity spotlights six authors whose writing makes us laugh out loud. Included is a bit of information about each of the writers and some examples of their witty sayings to read aloud and discuss.



Authors Say the Funniest Things

Introduction—If you're lucky, there are people in your life who can be counted on to make you laugh and make everything seem lighter and brighter in the process. And, although you don't have to be a famous writer or comedian to be funny, it certainly helps if you want to reach a large audience. Fortunately, there are a number of very funny people out there who have written books we can read and laugh along with. Here are six examples:

Writers, Words, and Witticisms

Woody Allen (1935–) was born Allen Stewart Konigsberg in Brooklyn, New York, but legally changed his name to Heywood (Woody) Allen when he was 17. A humorist from a young age, Allen was making \$200 a week writing jokes for a local newspaper as a 15-year-old. After that, his career as a prolific writer took off and is still going strong today. He is a renowned writer, filmmaker, and comedian. His first screenplay was 1965's *What's New Pussycat?* Since then he has written and directed more than 45 feature films. He is the author of a number of books, including such favorites as *Side Effects* and *Without Feathers*.

In his words:

- If only God would give me some clear sign! Like making a large deposit in my name at a Swiss Bank.
- My one regret in life is that I am not someone else.
- You can live to be a hundred if you give up all the things that make you want to live to be a hundred.
- There are worse things in life than death. Have you ever spent an evening with an insurance salesman?
- It's not that I'm afraid to die, I just don't want to be there when it happens.

Mark Twain (1835–1910) was born Samuel Langhorne Clemens in Florida, Missouri. He was a humorist, novelist, lecturer, entrepreneur, inventor and even a riverboat pilot (which he describes as the best time of his life). His literary classics *The Adventures of Tom Sawyer* and *Adventures of Huckleberry Finn* have delighted generations of children and adults alike. He is known to many as America's first literary celebrity.

In his words:

- The more I learn about people, the more I like my dog.
- All good things arrive unto them that wait and don't die in the meantime.
- If you can't sleep, try lying on the end of the bed. Then you might drop off.
- Reader, suppose you were an idiot? And suppose you were a member of Congress. But, I repeat myself.
- When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But, when I got to be 21, I was astonished at how much the old man had learned in seven years.

Nora Ephron (1941–2012) was born in New York City and was the eldest of four daughters. She worked as a reporter for the *New York Post* for five years and then began a transition into screenwriting in the 1980s. She is best known for writing romantic comedies and was inspired by her divorce from second husband Carl Bernstein (of Watergate fame) to write her 1983 novel *Heartburn*. She wrote the screenplay for the wildly popular *When Harry Met Sally* as well as another favorite, *Sleepless in Seattle*. The list of her books and her books made into movies is impressive. Her death at age 71 is still keenly felt by her many fans.

In her words:

- I don't think any day is worth living without thinking about what you're going to eat next at all times.
- With any child entering adolescence, one hunts for signs of health, is desperate for the smallest indication that the child's problems will never be important enough for a television movie.
- When your children are teenagers, it's important to have a dog so that someone in the house is happy to see you.
- My mother was a good recreational cook, but what she basically believed about cooking was that if you worked hard and prospered, someone else would do it for you.
- I have for many years been puzzled by the persistence of Hugh Hefner. Why is he still here?

P.J. O'Rourke (1947–) was born and raised in Toledo, Ohio. He got his start by writing humorous articles in "underground" newspapers. He became editor-in-chief of *National Lampoon* and spent 20 years reporting for *Rolling Stone* and *The Atlantic Monthly*. He has written 17 books on such diverse topics as etiquette, cars, economics, and politics. He is described as a political observer and satirist, and his sharp wit has left few politicians unscathed. His book *Give War a Chance* was #1 on *The New York Times* best-seller list. He and his family live in rural New England as "far away from the things he writes about" as he can get.

In his words:

- Never wear anything that panics the cat.
- You know your children are growing up when they stop asking you where they came from and refuse to tell you where they're going.
- Always read something that will make you look good if you die in the middle of it.
- Everybody knows how to raise children, except for the people who have them.
- Anybody who's having fun at an Elk Lodge meeting has the fun thing figured out.



"One thing they never tell you about child raising is that for the rest of your life, at the drop of a hat, you are expected to know your child's name and how old he or she is." – Erma Bombeck

Erma Bombeck (1927–1996) was born in Ohio and is considered a product of the U.S Midwest. She found humor in her everyday life as a wife and mother and shared her experiences with her readers in the newspaper columns she wrote. She went on to write for magazines and then 15 books that became best sellers. Many consider her to be one of the most popular American humorists in the last 50 years.

In her words:

- The odds of going to the store for a loaf of bread and coming out with only a loaf of bread are three billion to one.
- If a man watches three football games in a row, he should be declared legally dead.
- Never lend your car to anyone to whom you have given birth.
- One thing they never tell you about child raising is that for the rest of your life, at the drop of a hat, you are expected to know your child's name and how old he or she is.
- My second favorite household chore is ironing. My first being hitting my head on the top bunk bed until I faint.

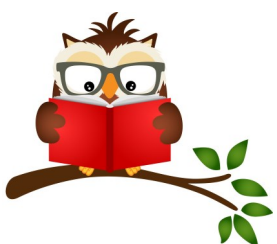
Phyllis Diller (1917–2012) was born Phyllis Ada Driver in Lima, Ohio. She eloped with Sherwood Diller in 1939, had six children, and remained married to him for 26 years before divorcing (but not before gathering lots of comedic material). While working as a journalist for a local paper, she appeared as a contestant on the Groucho Marx television show, where her memorable performance gave her national exposure. She was an accomplished stand-up comedian, singer, dancer, and actress. She was known for her self-deprecating humor and eccentric appearance. She died peacefully at age 95 with a reported smile on her face.

In her words:

- You know you're getting old when your back starts going out more than you do.
- My photographs don't do me justice—they just look like me.
- The reason women don't play football is because eleven of them would never want to wear the same outfit in public.
- I want my children to have all the things I couldn't afford. Then I want to move in with them.
- I am descended from a very long line my mother once foolishly listened to.

Discussion Starters

- How many of the featured authors are you familiar with? Have you read any of their books?
- Of the quotes provided, are there any you found to be the funniest or the least funny?
- Who would be on your list of the funniest authors?
- Do you like to read? What are the book genres you most enjoy reading? (comedy, romance, history, mystery, fiction, or nonfiction)
- Would you rather read the book or watch the movie based on it?
- Do you love to laugh? How important is it to find something to laugh about every day?



"You know you're getting old when your back starts going out more than you do." – Phyllis Diller

10 tips

Nutrition
Education Series

salt and sodium

10 tips to help you cut back



It's clear that Americans have a taste for salt, but salt plays a role in high blood pressure. Everyone, including kids, should reduce their sodium intake to less than 2,300 milligrams of sodium a day (about 1 teaspoon of salt). Adults age 51 and older, African Americans of any age, and individuals with high blood pressure, diabetes, or chronic kidney disease should further reduce their sodium intake to 1,500 mg a day.

1 think fresh

Most of the sodium Americans eat is found in processed foods. Eat highly processed foods less often and in smaller portions—especially cheesy foods, such as pizza; cured meats, such as bacon, sausage, hot dogs, and deli/luncheon meats; and ready-to-eat foods, like canned chili, ravioli, and soups. Fresh foods are generally lower in sodium.

2 enjoy home-prepared foods

Cook more often at home—where you are in control of what's in your food. Preparing your own foods allows you to limit the amount of salt in them.

3 fill up on veggies and fruits—they are naturally low in sodium

Eat plenty of vegetables and fruits—fresh or frozen. Eat a vegetable or fruit at every meal.

4 choose dairy and protein foods that are lower in sodium

Choose more fat-free or low-fat milk and yogurt in place of cheese, which is higher in sodium. Choose fresh beef, pork, poultry, and seafood, rather than those with salt added. Deli or luncheon meats, sausages, and canned products like corned beef are higher in sodium. Choose unsalted nuts and seeds.

5 adjust your taste buds

Cut back on salt little by little—and pay attention to the natural tastes of various foods. Your taste for salt will lessen over time.



6 skip the salt

Skip adding salt when cooking. Keep salt off the kitchen counter and the dinner table. Use spices, herbs, garlic, vinegar, or lemon juice to season foods or use no-salt seasoning mixes. Try black or red pepper, basil, curry, ginger, or rosemary.

7 read the label

Read the Nutrition Facts label and the ingredients statement to find packaged and canned foods lower in sodium. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

8 ask for low-sodium foods when you eat out

Restaurants may prepare lower sodium foods at your request and will serve sauces and salad dressings on the side so you can use less.

9 pay attention to condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressings, and seasoning packets are high in sodium. Choose low-sodium soy sauce and ketchup. Have a carrot or celery stick instead of olives or pickles. Use only a sprinkling of flavoring packets instead of the entire packet.

10 boost your potassium intake

Choose foods with potassium, which may help to lower your blood pressure. Potassium is found in vegetables and fruits, such as potatoes, beet greens, tomato juice and sauce, sweet potatoes, beans (white, lima, kidney), and bananas. Other sources of potassium include yogurt, clams, halibut, orange juice, and milk.

Marinated Pepper Slaw

A no-bake recipe

Ingredients:

- 1 pound sweet peppers, seeded and cut into thin strips lengthwise
- 1/2 cup thinly sliced red onion
- 2 tablespoons chopped fresh dill
- 2 1/2 tablespoons white vinegar
- 3 tablespoons extra virgin olive oil
- 1/2 teaspoon garlic salt
- Pinch of ground pepper



Directions

1. Combine peppers, onion, and dill in a large bowl.
2. Whisk vinegar, olive oil, garlic salt, and pepper together in a small bowl.
3. Pour dressing over pepper mixture and toss to combine.
4. Cover and chill until ready to serve.

Makes 4–6 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

Analogies

Determine the relationship between the first two italicized words. Then find the word with a similar relationship. Example: *Win* is to *lose* as *stop* is to ____ (*go*).

1. Dog is to *puppy* as *kangaroo* is to _____.
2. *Strawberry* is to *red* as *robin's egg* is to _____.
3. Oak is to *tree* as *daisy* is to _____.
4. *Short* is to *tall* as *thin* is to _____.
5. *Quart* is to *gallon* as *month* is to _____.
6. *Lioness* is to *lion* as *vixen* is to _____.
7. *Honest* is to *adjective* as *bus* is to _____.
8. *Minister* is to *church* as *teacher* is to _____.
9. Cat is to *meow* as *owl* is to _____.
10. *Endocarditis* is to *heart* as *encephalitis* is to _____.
11. *Beethoven* is to *piano* as *Nero* is to _____.
12. *Clock* is to *time* as *thermometer* is to _____.



Festive Fixin's Detective

Fresh sage, 5 rosemary sprigs, and a torn baguette were prepped and stuffed inside the bird.

Popped in the oven bright and early Thanksgiving morn, Mother's turkey prep went unheard.

Mom was a wizard in the kitchen with feast fixin's, a baster, electric knife, and tongs ready to go,

A platter, 2 paring knives, 2 cutting boards, peeler, and 2 spoons for stirring gravy nice and slow.

Seeds were removed from an acorn squash and cooked with a can of cream style sweet corn,

Just like Mom's great-grandma made—a favorite side dish enjoyed since the day Mom was born.

A bowl of Brussels sprouts were trimmed, as 6 Brussels sprouts escaped and fell on the floor.

Into a white casserole dish went a can of green beans to make the classic side the kids adore.

4 yams and 6 potatoes boiled in a pan, then were smashed with a masher until creamy.

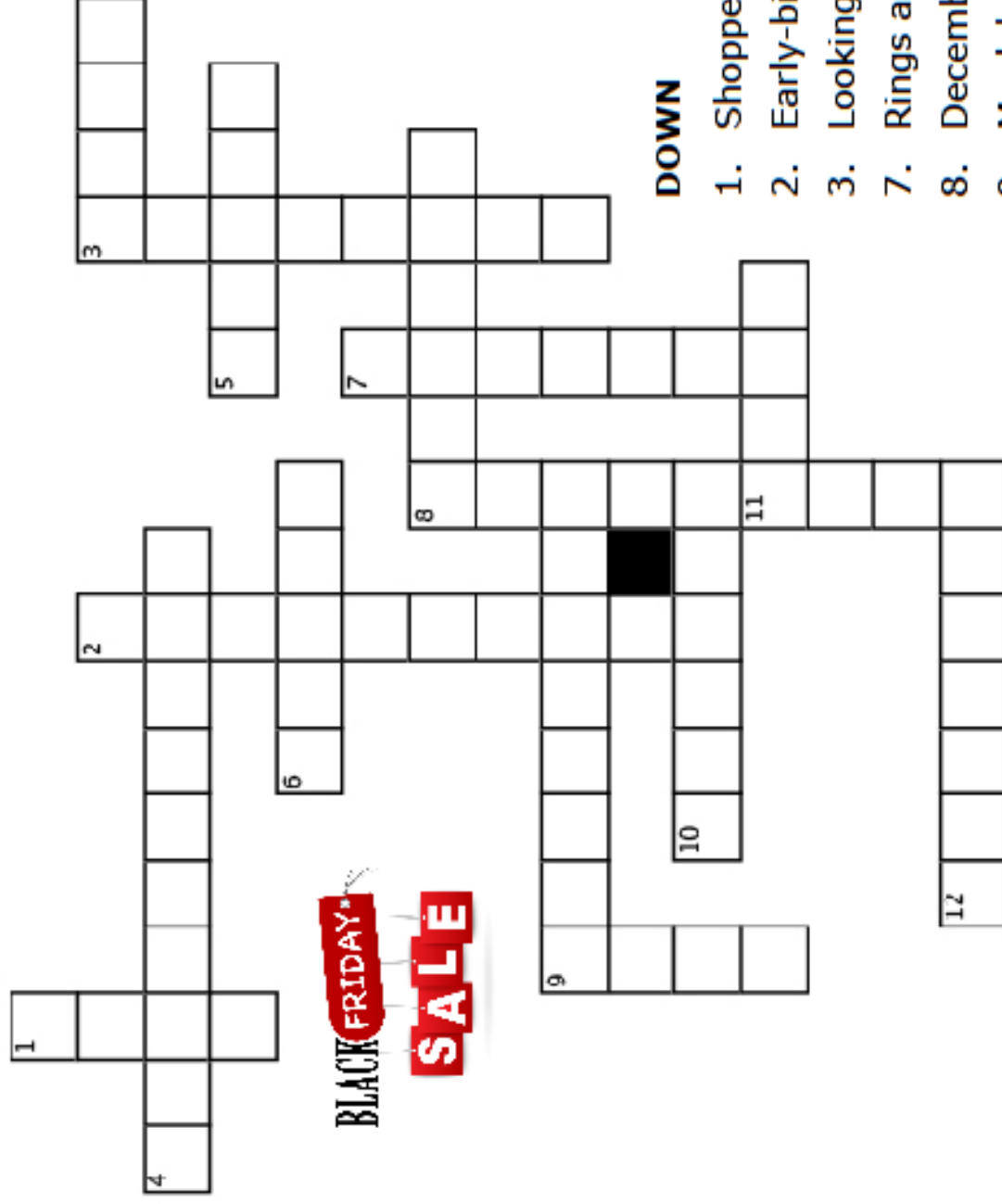
For added flavor and indulgence, 4 sticks of butter were added, making the spuds oh so dreamy.

A relish tray was topped with 7 carrots cut into sticks and 4 peppers in shades of yellow and red.

Then Mom smiled with joy as her family gathered together to pray, love, and break bread.

Black Friday

Use the clues to fill in the crossword.



BLACK FRIDAY

SALE

ACROSS

3. Red-tag event
4. Home entertainment product
5. Large group of people
6. In the wee hours
8. Kind of card
9. Dell or IBM
10. Retail outlets
11. Gifts for kids
12. Clippings for discounts

DOWN

1. Shoppers' mecca
2. Early-bird store event
3. Looking for goods to buy
7. Rings and bling
8. December holiday
9. Moolah



November IQ

There's more to November than pumpkin pie. Test your November IQ.



1. **Which of the following does NOT occur in November?**

- A. Election Day in the United States
- B. All Saints' Day
- C. Harvest moon
- D. Guy Fawkes Day in the United Kingdom

2. **True or false? November in the southern hemisphere is the seasonal equivalent to September in the northern hemisphere.**

3. **Black Friday in the United States occurs in November. What holiday does it follow?**

- A. Thanksgiving
- B. Election Day
- C. Veterans Day
- D. Sadie Hawkins Day

4. **Elmer's Glue was trademark registered in November of 1952. What animal is pictured on an Elmer's Glue bottle?**

- A. Dog
- B. Bull
- C. Cat
- D. Monkey

5. **What zodiac signs fall in November?**

- A. Sagittarius and Capricorn
- B. Aries and Taurus
- C. Libra and Scorpio
- D. Scorpio and Sagittarius

6. **According to legend, on November 18, 1307, William Tell shot an arrow through an apple that sat atop his child's head. Was the child a boy or a girl?**

7. **True or false? November is the 11th month, and 11 is a prime number.**

8. **Mickey Mouse's birthday is celebrated in November. Who created Mickey Mouse?**

9. **What are the birthstones for November?**

- A. Diamond and topaz
- B. Citrine and topaz
- C. Garnet and citrine
- D. Opal and citrine

10. **The Day of the Dead in Mexico is celebrated in November. What is the Spanish translation of *Day of the Dead*?**

- A. Dia de los Mexico
- B. Dia de los November
- C. Uno de Noviembre
- D. Dia de los Muertos

11. **What is the birth flower associated with November?**

- A. Daisy
- B. Daffodil
- C. Chrysanthemum
- D. Marigold

12. **True or False? November is one of four months with only 30 days.**

13. **National Authors' Day is celebrated in November. Which is NOT a famous author?**

- A. Ernest Hemingway
- B. Stephen King
- C. Charles Dickens
- D. Willis Reed

14. **The film *Casablanca* debuted in November of 1942. What actor played the male lead?**

15. **Harpo Marx was born on November 23, 1888. Name two of his brothers.**

Answers

1. (C) Harvest moon. The full moon for November is called the beaver moon. It will occur on November 14.
2. False. It is the seasonal equivalent to May in the southern hemisphere.
3. (A) Thanksgiving in the U.S. Black Friday is the start of the holiday shopping season. Many stores open very early and have promotional sales.
4. (B) Bull. "Elmer the Bull" continues to be the mascot for Elmer's Glue. According to many sources, he was developed as the mate to "Elsie the Cow," who was the Borden Dairy Company mascot.
5. (D) Scorpio and Sagittarius. Scorpio starts on October 23 and ends on November 21. Sagittarius begins on November 22 and ends on December 21.
6. Boy. According to legend, William Tell was ordered to perform this feat as punishment for disrespecting Bailiff Albrecht Gessler.
7. True. A prime number is a number that is divisible only by itself and one.
8. Walt Disney. Both Mickey Mouse and Minnie Mouse debuted in *Steamboat Willie* on November 18, 1928.
9. (B) Citrine and topaz. Citrine is associated with healing and peace; topaz is linked with passion and strength.
10. (D) Dia de los Muertos. *Dia* means "day" and *muertos* means "dead" in Spanish.
11. (C) Chrysanthemum. The daffodil is the birth flower for March. April's birth flower is the daisy, and the marigold is October's.
12. True. There are four months with 30 days (April, June, September, and November).
13. (D) Willis Reed. He was a professional basketball player who played for the New York Knicks.
14. Humphrey Bogart. Ingrid Bergman played the lead actress.
15. Groucho, Zeppo, Chico, and Gummo. Gummo never appeared in any of the Marx Brothers films. Zeppo appeared in only the first five films. Both Gummo and Zeppo left the act to pursue business careers.

Thanksgiving

Find and circle all of the words that are hidden in the grid.
The remaining 26 letters spell a popular Thanksgiving Day event.

M	A	C	P	I	L	G	R	I	M	S	P	A	R	A	D	E
S	M	A	Y	S	W	E	E	T	P	O	T	A	T	O	Y	N
G	N	I	R	E	H	T	A	G	S	H	T	H	G	A	O	S
D	N	P	L	L	A	B	T	O	O	F	F	R	N	I	C	E
O	S	U	C	K	S	N	S	L	G	E	A	O	N	R	L	O
O	T	M	I	E	R	E	I	V	S	V	I	U	A	A	D	T
F	U	P	I	O	L	D	V	T	Y	T	E	N	U	N	G	A
R	F	K	C	N	A	E	I	I	I	R	B	N	E	N	A	T
I	F	I	Y	Y	O	V	B	D	T	E	N	K	G	H	O	O
E	I	N	D	A	A	V	A	R	R	A	E	A	Y	T	N	P
N	N	P	N	L	D	R	E	R	A	E	L	T	P	U	A	D
D	G	I	A	M	T	S	Y	M	W	T	R	E	F	O	P	E
S	Y	E	K	R	U	T	R	G	B	A	I	E	R	M	M	H
H	A	R	V	E	S	T	N	U	V	E	A	O	E	Y	A	S
H	S	A	U	Q	S	O	U	E	H	S	R	A	N	L	W	A
R	F	A	M	I	L	Y	L	A	T	T	L	A	D	P	E	M

ANNUAL
AUTUMN
CELEBRATION
CORN
CRANBERRY
FAMILY
FEAST
FESTIVAL
FOOD
FOOTBALL
FRIENDS
GATHERING

GRAVY
HARVEST
HOLIDAY
LONG WEEKEND
MASHED POTATOES
MEAL
NOVEMBER
PARADE
PILGRIMS
PLYMOUTH
PUMPKIN PIE

RELATIVES
REUNION
SQUASH
STUFFING
SWEET POTATO
THURSDAY
TRADITION
TRAVEL
TURKEY
WAMPANOAG
YAMS

Cheesy Turkey Snack

Make these cute cheese-and-cracker turkeys for party favors or to donate to a local school.

You will need:

- ☐ Cheese dip and crackers (sticks or club crackers)
- ☐ Scrapbook paper in an assortment of fall colors and subtle patterns (orange, yellow, red, brown)
- ☐ Heavy scrapbook paper (yellow and red)
- ☐ 2 craft eyes (1/8" to 1/4" diameter)
- ☐ Glue Dots
- ☐ Scissors
- ☐ Ruler

Directions:

1. Cut 7 or 8 tail feathers out of scrapbook paper in an assortment of fall colors as shown below. Each feather should be about 2" X 4 1/2". Arrange the feather pieces in a fan shape.



2.



Apply several Glue Dots to the top side of a cheese dip pack, starting on the cheese dip end to about halfway down the cracker end. Turn over the cheese dip pack and attach it to the tail feathers as shown above.

3. Cut two legs (2" long) out of heavy yellow scrapbook paper. Also, fold a small piece of yellow paper and cut out a beak measuring about 3/4" X 3/4" when folded. Finally, cut a 1 1/2" long wattle out of red scrapbook paper.

4. Use glue dots to attach the beak and wattle to the cheese portion of the pack. Then attach the craft eyes.

5. Finally, attach the legs as shown in our example.



Cathy's Corner

November is a busy month, county offices will be closed Tuesday November 8 for National Presidential Election, Friday November 11 for Veterans Day and Thursday November 24 & Friday November 25 for Thanksgiving. It is also open enrollment for Medicare D Prescription Drug Plan, call a senior center near you for an appointment.

This month I've included a birthday page that you can copy and use to announce birthdays in your group, I hope that you like it.

Take advantage of the energy assistance information "Taking the Chill Off" at a local senior center near you.

Cathy Barnes
cbarnes@frederickcountymd.gov
Senior Centers Without Walls
1440 Taney Avenue
Frederick, MD 21702
301-600-1605-Mondays only



Analogies

1. joey
2. blue
3. flower
4. fat or thick
5. year
6. fox
7. noun
8. school
9. hoot
10. brain
11. fiddle
12. temperature

The Thanksgiving word search hidden message is:
MACY'S THANKSGIVING DAY PARADE

